

Abstract

Title:

The most common types of injuries in judo

Objectives:

The aim of this study was to determine the most common injuries that occur during training and judo competitions. Identify treatment options, prevention and identify most common causes of injury.

Methods:

The chosen method was theoretical and empirical, ie collecting data and information from other publications and conduct its own research. Selecting what is relevant for judo injuries and comparsion whith author's experience and research.

Results:

It was found that the most common type of injury in judo is bleeding, which is among the least serious. The most common type of injury that is concluded as very serious, ie interrupted carrer for at least 6 months, is rupture the front cruciate ligaments in the knee.

Key words:

Judo, sport, injury, professional sport, training